





# HV/SCOMMENT OF THE PROPERTY OF

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My son, pay attention to what I say, turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. Above all else, guard your heart, for everything you do flows from it.

# To be wise, I need to GUARD my HEART.



## As water reflects the face, so one's life reflects the heart.

Proverbs 27:19 NIV

# There are six things the LORD hates, seven that are detestable to him:

haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush into evil, a false witness who pours out lies and a person who stirs up conflict in the community.

Proverbs 6:16-19 NIV

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## Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:23 NIV

## Doing a Heart Check Check what's GOING IN.

## Doing a Heart Check Check what's GOING ON.

## Doing a Heart Check Check what's COMING OUT.



My son, pay attention to what I say, turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body.

Proverbs 4:20-22 NIV

Pay attention and turn your ear to the sayings of the wise; apply your heart to what I teach, for it is pleasing when you keep them in your heart and have all of them ready on your los.

**Proverbs 22:17-18 NIV** 

# I have hidden your word in my heart that I might not sin against you.

**Psalm 119:11 NIV** 

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God."

Matthew 4:4 NIV

# READ • STUDY MEDITATE • MEMORIZE



# From the fruit of their lips people enjoy good things, but the unfaithful have an appetite for violence.

Proverbs 13:2 NIV

## A heart at peace gives life to the body, but envy rots the bones.

Proverbs 14:30 NIV

# Even in laughter the heart may ache, and rejoicing may end in grief.

Proverbs 14:13 NIV

# The LORD detests all the proud of heart. Be sure of this: They will not go unpunished.

Proverbs 16:5 NIV

### Hard Questions What am I hoping for? What am I envious of? What am I aching about? What am I prideful of?



# Each heart knows its own bitterness, and no one else can share its joy.

Proverbs 14:10 NIV

## Opening Myself Change Canal truct with

Whom can I trust with knowledge of my heart?



# All the days of the oppressed are wretched, but the cheerful heart has a continual feast.

Proverbs 15:15 NIV

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy -think about such things.

Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you....

I know what it is to be in need, and know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

WHAT'S GOING ON?

Philippians 4:6-9, 12-13 NIV

## Claiming Contentment If my heart is contented...



# The prudent keep their knowledge to themselves, but a fool's heart blurts out folly.

Proverbs 12:23 NIV

#### WHAT'S COMING OUT?

"Don't you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person's mouth come from the heart, and these defile them. For out of the heart come evil thoughts -murder, adultery, sexual immorality, theft, false testimony, slander.

# But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Matthew 5:28 NIV

### WHAT'S COMING OUT?

You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the heart is full of. A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him. WHAT'S COMING OUT?

But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken. For by your words you will be acquitted, and by your words you will be condemned."

**Natthew 12:34-37 NIV** 

# Take it Home Turn to God (and maybe others) for a CHECK-UP.



#### Who can say, "I have kept my heart pure; I am clean and without sin"?

Proverbs 20:9 NIV

### A person may think their own ways are right, but the LORD weighs the heart.

Proverbs 21:2 NIV

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 139:23-24 NIV

# Take it Home Turn to God for FORGIVENESS.

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,

**Acts 3:19 NIV** 



God,
So many things I thought I knew,
but I will open my heart to you.
#wisdom #wisdomprayer





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